



Benefits Newsletter

March 2022



For any Benefits content questions, contact the SRNS Service Center at 5-7772 or via email at the SERVICE-CENTER@srs.gov.



March 2022, Issue 003

March

NOTES:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 TRANSAMERICA TRANSFORM TOMORROW	3	4	5
6	7	8	9 TRANSAMERICA TRANSFORM TOMORROW	10 TRANSAMERICA TRANSFORM TOMORROW	11	12 CSRA Heart Walk
13	14	15 TRANSAMERICA TRANSFORM TOMORROW	16 SSA Webinar	17 Benefits and You	18	19
20	21	22	23 EyeMed Webinar	24	25	26
27	28	29	30	31		



Health and Welfare

How to Beat the Blue Monday (and Beyond) Blues

It's that time of year. The reality that a new year doesn't magically mean a new experience is sinking in as the optimistically embraced resolutions begin to fall by the wayside. The post-holiday slump sets in. It's dark and cold. And that's on a "normal" year. This time, we also get to contend with omicron and pandemic fatigue. Together, it's a recipe for feeling pretty down. Fortunately, psychology offers us a ton of tips, techniques, and strategies to help ward off the winter blues.

1. **Cut Back on Passive Consumption:** When motivation, energy, and mood are low we tend to do things that are more passive, rather than active, and more consumption-based as opposed to creation-based. Aim to replace passive consumption activities with some that are productive and theoretically enjoyable.
2. **Move Your Body:** Physical activity does all kinds of good stuff for your body...and your brain. Throw on some tunes and dance around, do a workout video from YouTube, do some bodyweight exercises. You may not feel like it, and your mind will give you a million excuses not to, but, if you're able to override the inertia, I don't think you'll regret it.
3. **Smile and Laugh:** Smile. Even if you don't feel like it. Even if it's completely fake. Just do it. And hold it for a couple minutes. You might feel silly, but engaging your smile muscles just might trick your brain into feeling a bit happier. Similarly, laughing can help boost your mood.
4. **Try Some Metta Meditation:** Meditation in general is a great practice that tends to lower depression, anxiety, stress, and anger. I'm finding this specific type of meditation to be particularly helpful right now. Metta roughly translates into loving kindness.
5. **Tap into Gratitude:** Humans have a natural negativity bias, which means that our minds tend to notice, hone in on, and remember negative things more easily than positive ones. Gratitude is a powerful way to help counter that bias while also boosting your mood and even strengthening relationships.

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-beat-blue-monday-and-beyond-blues>

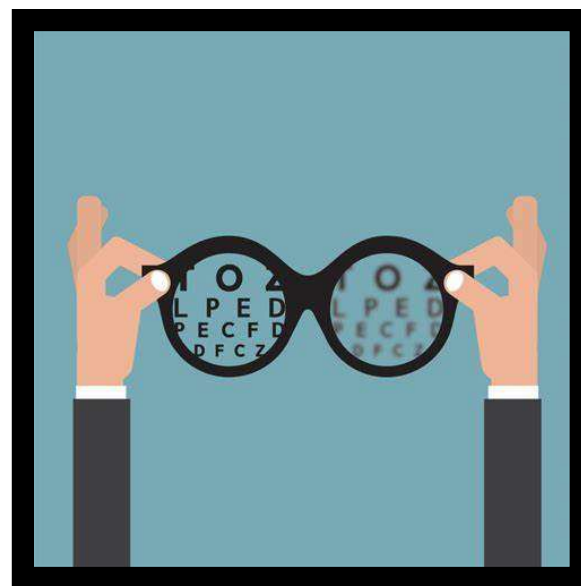


Health and Welfare

EyeMed Vision Webinar

Join us on 3/23 via Teams at 1pm for a one-hour presentation of the vision benefits for SRNS and BSRA employees. Jonathan Robison will be presenting information about the vision benefits, how to navigate the EyeMed portal/app, and the importance of eye health.

If you are interested in attending, email Kerri.Makekau@srs.gov to receive the Teams invite.





Retirement Services

Social Security and Medicare Briefing



Confused about Social Security? Get your questions answered at the Social Security and Medicare Benefits Briefing on **Wednesday, March 16, 10 a.m.-noon, via Teams.**


For many, Social Security will be an important source of income in retirement. During this informative, two-hour presentation, a Social Security Administration expert will provide you with information on key topics such as the consequences of claiming early, the impact on your benefits if continuing to work and ways to maximize benefits for you and your family. With this information, you can feel more confident about your plans for a more secure financial future. This quarterly briefing will be presented by Tony Williams from the Aiken Social Security office.

If you are interested in attending, email Kerri.Makekau@srs.gov to receive the Teams invite.



March 2022 | Issue 0043





Retirement Services



Upcoming Retirement and Financial Webinars



Women and Retirement, a beneficial Transamerica webinar offering!

Join Transamerica to learn and explore the unique challenges women may face when preparing for their financial futures. Women are living longer, sometimes suffer from income inequality and are often out of the workforce for a period of time raising families. The Women and Retirement webinar will address these challenges and provide tips for building a secure financial future.

<https://register.gotowebinar.com/rt/7666196794036301057>

Available Dates: March 9, 10, 15, and 16

Attend a Money Management Essentials webinar hosted by Transamerica

Celebrate America Saves week (Feb. 21-25) and join Transamerica at this informative webinar for tips on building a financially fit future. This webinar will include easy-to-use strategies for saving, budgeting, and managing your credit and debt. Now is a great time to get started on improving your financial future!

<https://register.gotowebinar.com/rt/88144967578039824>

Available Dates: March 2 and 17



Disability




Question: What should I do when I can return to work from Short-Term Disability?

Answer:

- It is important to maintain contact with your Disability Case Manager (DCM) throughout your Disability absence from work, so your return to work can be coordinated appropriately.
- Contact the DCM at (803-725-7425, option 4) or via email 5sick@srs.gov.
- A written release is required from your doctor for return to work and it should include (if necessary) a list of work restriction and/or accommodations needed.
- DCM will schedule a return to work appointment with Site Medical and provide the appointment information to you.
- Report to Site Medical at your appointment time; however, if your shift starts prior to your appointment, you should report to your work location at your normal shift time and only perform sedentary/desk work until time for your appointment.
- Site Medical will issue a Duty Disposition Report (DDR) to you & your manager once the return to work appointment has been completed.
- It is imperative to comply with all work restrictions outlined on the DDR to ensure a safe return to work.

March 2022 | Issue 0043



Fun Facts

Disability Case Management (DCM)

Phone: 5SICK 5-7425

(803)725-7425

Email: 5SICK@srs.gov

Fax: (803) 952-9663



5SICK (5-7425) Phone Options

#1 – for FMLA questions

#2 – for Long Term Disability questions

#3 – for Pre-Surgery instructions and forms

#4 – to speak with a Disability Case Manager (DCM) or have questions regarding Short Term Disability

#5 – for questions on Disability policy





Wellness

BCBS My Health Planner

What can My Health Planner do for you?

You've decided it's time to make some improvements in your health - kick a bad habit, exercise more or switch up your diet. Or maybe you need guidance as you adjust to a major change in your life. My Health Planner offers interactive tools and information to help you take charge of your own health.

With My Health Planner, you'll have access to comprehensive, self-guided programs on a variety of topics. Through the app, you'll also get:

- Daily reminders to help you stay on top of medications, appointments, and exercise.
- Access to a library of articles, videos, and other resources.

We offer Prevention and Wellness programs for:

- Back care
- Maternity (pregnancy and postpartum care)
- Stress management
- Tobacco cessation
- Weight management



**BlueCross
BlueShield**



Benefits Spotlight

**CREATE YOUR
ACCOUNT NOW!**

The Benefits Administration would like to announce the new voluntary benefits platform, SRNS Marketplace. SRNS Marketplace is a website that will allow active SRNS employees the opportunity to enroll in voluntary benefits at a group discount and use discounts on a local and national level. Shop thousands of specially negotiated discounts on brands you love and have the option to earn cash back on deals as well.

This platform will be available to all active employees after that date. A high-level overview of discounts and deals include:

- Home and auto insurance options
- Pet insurance options
- Identify Theft



SRNS Marketplace

Sign Up and Start Saving!

- Go to www.srnsmarketplace.benefithub.com
- Enter Referral Code: HRNGNX
- Complete Registration

